

A top-down view of various fresh and dried vegetables arranged around a central text area. The fresh items include kiwi slices, cherry tomatoes, ginger, cucumber, asparagus, mushrooms, bell peppers, celery, carrots, raspberries, and blueberries. The dried items include sunflower seeds, red powder, green powder, and dried leafy greens, all in small wooden bowls.

DRIED VEGETABLES

Dried vegetables are vegetables that have been dehydrated or dried to remove most of their moisture content. This process helps to preserve the vegetables for long-term storage and makes them more convenient to use in cooking, as they can be rehydrated and used in a variety of recipes.

- Made by removing the moisture from fresh vegetables through various drying methods, such as sun drying, air drying, or using a dehydrator.
- Include carrots, onions, garlic, peppers, tomatoes, and mushrooms, among others. These dried vegetables can be used in a variety of dishes, such as soups, stews, casseroles, and pasta dishes.
- Packaged for sale in their dried form, either whole or chopped into smaller pieces.
- Preferred over canned vegetables, as they retain more of their nutrients and flavor.

Commercial Production

1. Harvesting:

Harvested at the peak of their freshness and quality.

2. Washing and sorting:

Washed to remove any dirt or debris, and then sorted to remove any damaged or inferior vegetables.

3. Cutting and slicing:

Cut or sliced into uniform sizes to ensure even drying.

4. Blanching:

Blanched in hot water or steam for a short period of time to stop the enzyme activity that can cause the vegetables to spoil and lose their color and flavor.

5. Drying:

Dried using various methods such as sun drying, air drying, or using a dehydrator.

6. Packaging:

Packaged in air-tight containers to maintain their freshness and prevent them from absorbing moisture from the environment.